

Airline comparison for passengers with food allergy

As at January 2018



Table of contents

Airlines	Page	Airlines	Page	Airlines	Page
Aer Lingus	3	easyJet	5	Qatar Airways	10
Aeroflot	3	Emirates	6	Regional Express (Rex)	11
Air Asia	3	Etihad Airways	7	Royal Brunei	11
Air China	3	Hawaiian Airline	7	Singapore Airlines	12
Air India	4	Iberia	8	South African Airlines	12
Air Mauritius	4	Japan Airlines	8	Vanuatu Airlines	12
Air New Zealand	4	Jetstar	8	Vietnam Airlines	13
Alaska Airlines	5	Lufthansa	9	Virgin Atlantic	13
Asiana Airlines	5	Qantas	10	Virgin Australia	13
Additional resources				Page	
Travelling with allergy, asthma and anaphylaxis: Checklist - ASCIA				14	
Flying with food allergies – Skyscanner advice				14	
Additional airline comparisons				Link	
Comparing Airlines – Allergic Living's handy chart on the allergy policy of 13 major air carriers – Updated as of March 2016 Air Canada, Air France, American Airlines, British Airways, Cathay Pacific, Delta Airlines, JetBlue, Southwest Airlines, Swiss International, United Airlines, US Airways, Virgin America, WestJet				https://allergicliving.com/wp-content/uploads/2010/08/Comparing-Airlines-Chart-2016_MAR15_V3.pdf	

Please note: All information has been taken from the websites of each of these airlines and is updated as at December 2017-January 2018.

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
Aer Lingus (Ireland)	<ul style="list-style-type: none"> No peanuts or derivatives as part of snacks or meals 	If you suffer from a peanut allergy, please make the cabin crew aware of this while you're boarding. Passengers can ask for an announcement regarding their allergies when they are boarding.	Cabin crew is only first aid trained. They can not administer any medication. It's the passenger's responsibility to bring necessary medication on board and if needed also a companion to assist them. There is no epipen on board. Passengers need to bring their own epipen.	https://www.aerlingus.com/travel-information/special-assistance/dietary-needs/
Aeroflot (Russia)	<ul style="list-style-type: none"> Some meals contain tree nuts and shell fish Special meals are available on request including gluten-free 	If you have health-related problems, please inform the flight attendant before take-off about required assistance, any medications that you normally take, and where they are. Be sure to call a flight attendant immediately if your health worsens during the flight.	Flight attendants are trained in emergency first aid and there is a medical aid kit onboard every flight.	http://www.aeroflot.ru/ru-en/information/preparation/health <p>Note: Aeroflot recommends that you carry a document certifying the presence of allergies in case of an emergency. Passengers must carry a document from their doctor specifying the name of the drug and dosage, and confirming the need for these medicines or other health care products to be shown to security personnel.</p>
Air Asia (Malaysia)	<ul style="list-style-type: none"> All allergens present in meals Food may contain nuts, gluten, seafood, eggs or dairy 	You do not need to show any medical certificate for allergies to certain foods.		Customer support: https://support.airasia.com/s/?language=en_GB <p>Note: Air Asia does not allow outside food and beverages on the aircraft.</p>
Air China (China)	<ul style="list-style-type: none"> Passengers with dietary requirements can carry their own catering for consumption onboard flights There are gluten-free meals available 	<ul style="list-style-type: none"> You can make a request with Air China at least 24 hours before flight departure for special food requirements such as "no peanuts" 	<ul style="list-style-type: none"> The emergency medical kit contains sphygmomanometer, stethoscope, disposable syringes as well as glucose and an adrenaline injection 	Special needs link - https://www.airchina.com.au/AU/GB/info/assistance/disabilities.html

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
Air India (India)	<ul style="list-style-type: none"> Nuts are sometimes served as a meal ingredient All travellers with a peanut allergy are requested to bring their own food on board Special meals including gluten-free are available and need to be requested a minimum 48 of hours prior to departure 	Battery operated nebulizers can be used in-flight with the exception of during take-off and landing	The cabin crew is trained in advanced first aid and life support. Medical kits are recognized and approved as per international medical guidelines. First aid can be administered by Air India's cabin crew in an eventuality and also by a doctor or nurse, who may be on board, and willing to volunteer to assist if the situation demands.	<p>http://www.airindia.in/passengers-requiring-medical-attention.htm</p> <p>Note: Air India accepts no responsibility for any allergic reaction you may suffer whilst onboard an Air India flight. Regarding your peanut and nut allergy – Air India suggests that you discuss your travel plans with your doctor to assess your fitness to fly.</p>
Air Mauritius (Mauritius)	<ul style="list-style-type: none"> Air Mauritius cannot guarantee an environment free from food allergies, including peanut allergy, on board its aircraft. Gluten intolerant special meals can be ordered book your flight at booking time at least 24 hours before departure There is no information available about other allergies 	Should your health condition require special attention at boarding, deplaning, or during flight, you must indicate this at the time you	Air Mauritius cabin crew are not allowed to administer medication, however their international services carry a comprehensive physician's kit for use by any doctor onboard.	http://www.airmauritius.com/medicalmeal.htm
Air New Zealand (New Zealand)	<ul style="list-style-type: none"> Peanut snacks are not served in any class. Tree nuts are served as a pre-dinner snack in Business class Air New Zealand do not use peanuts, peanut products or derivatives of peanuts in meals Tree nuts are used in meals as are shellfish occasionally. Gluten intolerance special meals are available but not gluten allergic meals 	Passengers are welcome to bring their own meal on board. However, because of limited aircraft facilities, airline staff are not able to heat meals that are brought onboard, nor refrigerate your meal in case the container should become contaminated with other food in the aircraft refrigerator.	<ul style="list-style-type: none"> In case of a medical emergency, there is a comprehensive physician's kit on-board international services, and this is made available for use by any travelling doctor. Please note that Air New Zealand cabin crew are not permitted to administer medication. The kit does contain an epipen. They recommend that anyone suffering from allergies carry medication prescribed by their doctor to take in the event of a reaction. If you are not sure that you will be able to administer your own medication in an emergency, you are advised to travel with a person who is able to assist you. 	<p>https://www.airnewzealand.co.nz/speciali-assistance-medical-condition</p> <p>Note: Passengers with serious food allergies must complete a Medical clearance form also known as a MEDA form. This requires clearance from a Doctor.</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
Alaska Airlines (US)	<ul style="list-style-type: none"> Nuts are present in meals Alaska Airlines cannot prevent passengers from bringing products containing nuts or other allergens (e.g. service animals) onboard the flights. Alaska Airlines is unable to guarantee a nut- or allergen-free flight. Attempting to do this would create a false sense of security for passengers with severe allergies. They encourage passengers who are allergic to nuts to bring their own food items for travel. 	<ul style="list-style-type: none"> Alaska Airlines encourages passengers who are allergic to nuts to bring their own food items for travel. You should advise the gate agent if you would like to pre-board to cleanse your immediate seating area. 		<p>Travelling with nut or other severe allergies: https://www.alaskaair.com/content/travel-info/accessible-services/specialservices-other</p> <p>Note: Passengers with severe allergies are also encouraged by the airline to consult with their doctor regarding the safety of air travel.</p>
Asiana Airlines (Korea)	<ul style="list-style-type: none"> Nuts are present in meals Peanut allergy sufferers should take note - there is a possibility that peanut oil or similar substances are used in cooking in-flight meals. It is also difficult to prohibit other passengers' possession or intake of peanuts due to the special circumstances or the flight environment. In addition, please understand that there is also the possibility of peanut substance existing mid-air on in-flight passengers, on seats or other in-flight areas. 	<ul style="list-style-type: none"> Asiana Airlines provides special in-flight meals but a nut-free meal is not available. Gluten free meals are available. Special in-flight meal reservations : Asiana Airlines Reservation Center(1588-8000) Special in-flight meals are only provided on routes that provide in-flight meals, and orders can be made until 24 hours before the flight departure time. 	<p>It is recommended that you carry necessary medicine with you at all times in case of emergency.</p>	<p>Passengers requiring medical assistance - http://au.flyasiana.com/C/en/homepage.do?menuId=003008007002000&menuType=CMS</p> <p>Note: Passengers who react strongly to certain substances or foods should inform us of this fact upon reservation with 'special passengers transportation application' and 'doctor's note on air travel.'</p>
easyJet (UK)	<ul style="list-style-type: none"> Peanuts are stored and sold onboard, so please notify any member of the cabin crew as soon as you get on board if you have a peanut allergy. The cabin crew can then suspend the sale of nut products during that flight. Please be aware that other products sold onboard may contain traces of nuts. 	<ul style="list-style-type: none"> If you do suffer from anaphylaxis, please notify the cabin manager when boarding the flight so that they can make announcements and stop the sale of nut products on board. However, they cannot guarantee a 100% nut free environment. If you have any kind of allergy that could result in an anaphylactic reaction you should carry your medication (e.g. antihistamines, Epi-pen) in your hand baggage. However please ensure that you also carry a letter from your medical practitioner confirming the type of medication and what it is for. 	<ul style="list-style-type: none"> You must self-administer any injections required during the flight. Cabin crew are unable to administer any medication, including injections, under any circumstances. Inform the cabin crew if you need to use your needles so that they can provide a sharps box for safe disposal. Passengers will need to check with the crew on boarding if there is an epipen on board. 	<p>https://www.easyjet.com/en/terms-and-conditions/medical-information</p> <p>Note: If you would like to let the airline know that you or somebody travelling with you suffers from a nut allergy before your flight, you can do so during the booking process online just before the payment stage. Tick the box at the top of this section that says 'Tick if any passengers have Special Assistance Requirements' and fill in all of the passenger details then select the "I am a passenger that suffers from a nut allergy" statement.</p> <p>You must also tell the cabin manager when you board the flight.</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
Emirates (UAE)	Nut-free special meals are not available. Nuts are served on all Emirates flights, either as a meal ingredient or as an accompaniment to drinks. Therefore Emirates recommends that you bring your own meal on board if you have nut allergies.			<p><u>Please note the following information was taken from the Emirates website.</u></p> <p><u>https://www.emirates.com/au/english/before-you-fly/travel/dietary-requirements.aspx</u></p> <p>Note: Other passengers may bring food on board containing nuts, and traces of nut residue oils could be passed onto other surfaces of the aircraft like seats, as well as via the air conditioning system. For your safety, if you have nut allergies Emirates recommends discussing your travel plans with your doctor before flying.</p> <p>Allergies: passengers don't need to complete this form to request a special meal for their flight. (Please note we can't guarantee peanut-free meals.) However if the passenger has a life threatening food allergy that may require treatment in-flight – particularly if they react to the presence of traces of food in the air – the Medical Information Form should be completed.</p> <p><u>https://www.emirates.com/au/english/before-you-fly/health/medical-information-for-fitness/</u></p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
Etihad Airways (Abu Dhabi)	<p>Nuts may be served in the cabin or used as an ingredient in a menu.</p> <p>Allergies to ingredients - Etihad does not accept responsibility for any allergic reaction on board our flights. If you have any allergy or have similar concerns, please discuss these with your doctor prior to travelling with them.</p>	<p>It is recommended that if you have a severe allergy to peanuts or their derivatives, or any other meal ingredients, you may bring your own food, keeping in mind liquid restrictions currently in force.</p> <p>The cabin crew are happy to warm your meal for you.</p>		<p><u>Please note the following information was taken from the Etihad Airways website.</u></p> <p><u>http://www.etihad.com/en-au/experience-etihad/special-assistance/special-meals/</u></p> <p>Note: Etihad does not guarantee a peanut-free environment or peanut-free meals on board. They do not restrict other passengers from bringing items on board that may contain nuts. It is possible that traces of peanuts or their derivatives could be in the cabin environment or the aircraft air conditioning. An allergic reaction to peanuts or any derivative can be serious.</p>
Hawaiian Airlines (US)	<ul style="list-style-type: none"> Both peanut and tree nuts are offered as paid for snacks Some meals contain tree nuts and shellfish While we don't offer special meals, passengers with special dietary needs are free to bring their own meals onboard 		<p>Many people take the precaution of carrying adrenaline auto injector epinephrine (eg EpiPens®) or other suitable self-administered anaphylaxis treatment prescribed by their physician. Please review TSA guidelines on carrying liquid prescription medication and please make sure you keep your medication in your carry-on luggage so you can access it in-flight if you need to.</p>	<p><u>http://hawaiianair.custhelp.com/app/answers/detail/a_id/2229/~/guests-with-disabilities</u></p> <p>Note: While we understand that some people are allergic to peanuts, nut products, animals or other items that may be on our flights or that passengers might bring onto our aircraft, we cannot guarantee allergen-free flights. Please consider the possibility of exposure on any aircraft, particularly when accepting in-flight meals or snacks. If you have an allergy, we strongly advise you to take all necessary medical precautions to prepare for the possibility of exposure.</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
Iberia (Spain)	<ul style="list-style-type: none"> It is possible that some menus or products on board have been prepared in facilities with the presence of nuts. They offer nuts on board as snacks on some flights. 	If you suffer from an allergy, they recommend that you bring your own food on board.		http://www.iberia.com/web/obsmenu.do?menuId=MENBOR
Japan Airlines (Japan)	<ul style="list-style-type: none"> Peanut and peanut oils are not in in-flight meals or in food provided at their airport lounges. However JAL cannot guarantee a 100% peanuts free environment in cabin Other types of nuts may be served JAL serves anti-allergic meal on international flight upon request. These meals contain no nuts (i.e. almonds, cashews, hazelnuts, walnuts, pecans, macadamias, pistachios, chestnuts, pine nuts or peanuts). While they make every effort to prevent allergen penetration during food handling and preparation, they cannot 100% guarantee it Minimal Allergen meals can be ordered over the phone at least 96 hours before your flight's departure All food packaging has a list of ingredients 	<ul style="list-style-type: none"> JAL will take prior measures in cabin such as cleaning areas close to the preassigned customer seat. Please inform and request this service at least two weeks prior to the departure date of your flight. JAL does not provide a pre-flight cleaning service of the cabin, for other than peanut allergy customers. Passengers can bring their own food No announcements made No buffer zone provided 	<ul style="list-style-type: none"> Adrenaline on board. To be administered by a doctor travelling as a passenger, not by cabin crew JAL recommends you carry injections and drugs prescribed by your physician. Parents/guardians/travel companions are expected to administer treatment if this is required 	http://www.jal.co.jp/en/inter/service/menu/special/menu01.html http://www.jal.co.jp/en/jalpri/guide/allergy.html http://www.jal.co.jp/en/health/medicine/
Jetstar (Australia)	Snacks and meals contain allergens such as nuts.		<p>The Jetstar cabin crew are not trained to administer adrenalin or any other medication.</p> <p>Please pack any medical supplies you will need for your journey in your carry-on baggage.</p>	http://www.jetstar.com/au/en/help/articles/in-flight-health <p>Note: Unfortunately Jetstar cannot promise an allergy-free environment on board our aircraft. In particular, they are unable to guarantee a peanut-free flight, as it is impossible for them to prevent other passengers from bringing peanuts or peanut snacks onto the aircraft.</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
Lufthansa (Germany)	<p>There are gluten free meals available.</p> <p>In general Lufthansa does not serve peanuts on its flights. However, they cannot guarantee that their aircraft and the food served on board are completely free of peanuts or peanut products or that passengers do not bring products containing peanuts on board with them. The same also applies to other foodstuffs that may cause an allergic reaction.</p>		<p>In the case of a food intolerance or a severe allergic reaction (anaphylactic shock) on board, their medically trained personnel have access at all times to medicines for emergency medical care. Furthermore, there is a 24-hour hotline on all Lufthansa long-haul flights which can be used to contact a doctor.</p> <p><u>Applying medicine by means of an EpiPen®</u> - Lufthansa recommends that passengers who have allergies or food intolerances always carry their medication with them in their carry-on baggage. In the event of an emergency, their flight crew cannot apply medication by means of an adrenaline (epinephrine) auto injector (eg EpiPen®). Children and teenagers who carry an adrenaline auto injector with them can only fly on board Lufthansa aircraft if accompanied by someone who can be trusted to administer this.</p>	<p>https://www.lufthansa.com/us/en/Traveling-healthy</p> <p>Note: If you have queries about your flight in relation to allergies, please contact the Lufthansa Medical Operation Centre before starting your journey:</p> <p>Tel.: +49 (0)69 – 696-55077 (daily, 06.00 – 22.30 hours) Email: medicaloperation@dlh.de</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
Qantas (Australia)	<p>Qantas is aware of the challenges of peanut allergy sufferers and where possible seeks to minimise the risks of exposure to peanuts through:</p> <ul style="list-style-type: none"> The removal of peanuts as a bar snack on all Qantas flights and from Qantas owned and operated lounges Minimising the use of peanuts or peanut based products in our inflight menus. The provision of an extensive range of special meals inflight that are specifically designed not to include peanuts or other nuts, or products of peanuts or other nuts in the preparation of the meal. <p>https://qantas.custhelp.com/app/answers/detail/a_id/467</p> <ul style="list-style-type: none"> However, passengers may also be served a range of other nuts including almonds, cashews and macadamia nuts as bar snacks or after dinner snacks Gluten intolerant special meals available 		<ul style="list-style-type: none"> Qantas recommends that you carry any allergy medication you may need with you, including adrenalin auto injectors, in the cabin of the aircraft. Keep them within easy reach and be ready to administer the medication if necessary. Qantas staff are not generally authorised to administer medication. 	http://www.qantas.com/travel/airlines/medical-assistance/global/en
Qatar Airways (Qatar)	<ul style="list-style-type: none"> Food which may contain nuts may be served on board Gluten free special meals are available Food items carried onboard have labels with the ingredients, however Qatar Airways cannot guarantee that all items served on board are nut free Meals loaded for the flights vary and a description of the same (based from the inflight menu) is endorsed by Catering to the crew while the aircraft is on the ground 	<ul style="list-style-type: none"> Customers may bring their own meals on-board the aircraft in case they need to be certain of an allergen-free meal Because of the risk for contamination and limited aircraft facilities, Qatar Airways is unable to refrigerate or heat such meals Quarantine regulations for some countries require that any food brought on-board by a customer must be consumed or left on-board Depending on the severity, the crew may make an announcement, however since the aircraft is a public space, they cannot guarantee it A buffer zone would be dependant on operation and load of the aircraft 	<ul style="list-style-type: none"> Medical kits are available onboard however adrenaline (epinephrine) auto injectors (eg EpiPens®) are not included in these kits Passengers are responsible for carrying any necessary medication with them onboard Cabin attendants are not authorized to give special assistance to particular passengers, to the detriment of their service to other passengers. Additionally, they are trained only in FIRST AID and are not permitted to administer any injections, or to give medication. 	<p>https://qatarairways.zendesk.com/hc/en-us/articles/206466748-What-is-the-allergy-policy-on-Qatar-Airways-</p> <p>Note: Customers with a history of a severe or hyper-allergy:</p> <ul style="list-style-type: none"> Must provide a completed medical information form (MEDIF) at the time of reservation or at least 48 hours prior to the scheduled departure time to allow adequate time for the form to be approved by Qatar Airways May be required to sign a waiver of liability

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
Regional Express (Rex) (Australia)	<ul style="list-style-type: none"> All allergens present Due to short flight times, kindly note that Rex doesn't provide meals on their flights 	<ul style="list-style-type: none"> According to their Conditions Of Carriage – MEDICAL CONDITION AND OR ALLERGIES. Seat allocation is only available for passengers with special requirements or those who purchased Rextra legroom Passengers are permitted to bring their own food, and there are no announcements 	Rex does not have an adrenaline (epinephrine) auto injector (eg EpiPen®) or adrenaline onboard. In the event of emergency the passenger is asked if they are on any medication and the crew will take appropriate action based on that.	<p>http://www.rex.com.au/FeedBack/CustomerContactCentre.aspx</p> <p>Note: Passengers must be aware that Rex is unable to change any of its flight procedures (including but not limited to safety procedures), conditions, service, food items or otherwise. The flight is at the sole risk and responsibility of the passenger and/or, in the case of the passenger who is a minor, the parent, guardian and the person who books the flight for the passenger.</p> <p>Information came directly from the airline when contacted.</p>
Royal Brunei (Brunei)	<ul style="list-style-type: none"> The airline serves nuts as snacks onboard and meals may contain traces of nuts, wheat, dairy products, eggs, fish and other allergen substances that may not suit your diet. Gluten-free/Coeliac special meals requests are to be confirmed no later than 24 hours prior to departure 	<ul style="list-style-type: none"> If you need to be absolutely certain of an allergen-free meal, it is highly recommended that you bring your own food, that does not require to be refrigerated or heated inflight, for the duration of the flight, in accordance to with the current LAGS restriction. Passengers with severe allergies should take necessary steps to minimize their potential exposure and to take all necessary precautions to prepare for the possibility of exposure. 	<ul style="list-style-type: none"> You are advised to carry your necessary medications, medical mask or devices in your hand luggage, in case you need it. Please also ensure that all your medications are professionally labelled with your name and the medication name clearly identified. You should also carry a copy of the prescription and/or a supporting written statement from your doctor to certify this. If you are not sure that you will be able to administer your own medication in an emergency, you are advised to travel with a person who is able to assist you. 	<p>The airline requires that you complete the Inflight Allergy Notice Form.</p> <p>https://www.flyroyalbrunei.com/en/australia/experience/dining/precautions-for-allergies/</p> <ul style="list-style-type: none"> The airline cannot guarantee total allergen-free meals and/or an allergen-free environment and flight on any of our services. The airline shall not be responsible for any and all allergic reaction that may occur onboard. The airline cannot prohibit all passengers from bringing, opening or eating their own food or snacks, which may contain allergen particles into or in the aircraft cabin. <p>https://www.flyroyalbrunei.com/en/australia/experience/dining/precautions-for-allergies/</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
Singapore Airlines (Singapore)	<ul style="list-style-type: none"> You can request a nut-free special meal that does not contain peanuts and tree nuts (including almonds, Brazil nuts, cashew nuts, hazelnuts, pistachios, walnuts, pecans and macadamias), and their derivatives. If you choose to request a nut-free meal on board our flight, please contact your travel agent or local Singapore Airlines office at least 48 hours before departure. The airline will make every reasonable effort to accommodate your request for a nut-free meal. However, they are unable to provide a nut-free cabin or guarantee an allergy-free environment onboard. It is not unusual for other passengers on their flights to be served meals and snacks containing nuts or their derivatives. They also have no control over passengers consuming their own snacks or meals on board, which may contain nuts or their derivatives. 			<p>https://www.singaporeair.com/en_UK/about/travel-info/requests/passengers-with-nut-allergy/</p> <p>Note: Singapore Airlines requests that you take every necessary precaution, bearing in mind the risk of exposure. If you have any concerns about your fitness to travel, they encourage you to share this information and discuss your travel plans with your doctor.</p>
South African Airlines (South Africa)	If you have any food allergies or special dietary requirements, such as gluten-free, vegan or nut-free, SAA offers to serve a suitable meal on any of their flights. Please order and confirm your requirement no less than 48 hours before departure	<ul style="list-style-type: none"> If you have any allergies, please bring it to the attention of their reservations department. 	In the event that you suffer from a severe allergy, you are required to bring your own emergency medication, adrenaline (epinephrine) auto injector (e.g. EpiPen®).	https://www.flysaa.com/manage-fly/during-the-flight/menus
Vanuatu Airlines (Vanuatu)	<ul style="list-style-type: none"> Gluten free special meals are available. In order to allow them to process your request in time, please notify them at least 72 hours prior to departure No information available on other allergens 	<ul style="list-style-type: none"> If you have a specific meal requirement for health or religious reasons, please ensure you mention this to the Air Vanuatu Sales Consultant or your Travel Agent at time of booking When booking online, state your meal request prior to confirming your booking. Air Vanuatu will endeavour to provide your requested meal 		https://www.airvanuatu.com/home/in-flight-services/meals

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
Vietnam Airlines (Vietnam)	<ul style="list-style-type: none"> Gluten intolerant meal provided Meals contain shellfish (shrimp) and may also contain other allergens Special meals should be pre-ordered and confirmed 24 hours prior to departure 			https://www.vietnamairlines.com/vn/en/plan-book/vna-experience/meals-and-drinks
Virgin Atlantic (UK)	<ul style="list-style-type: none"> Peanuts are never knowingly included in any of their meals. However meals are not produced in a nut-free environment so may contain traces All other nuts may also be served on their flights to other passengers as part of the menu ingredients and/or the snack service, in any cabin Virgin Atlantic can't stop other passengers from bringing (or eating) their own food onboard, which may include nuts In view of the above, Virgin Atlantic strongly encourages passengers to take all necessary precautions to prepare for the possibility of inadvertent exposure 	In case they can't meet your dietary requirements, they recommend you bring your own snacks onboard		https://www.virginatlantic.com/gb/en/travel-information/special-flight-requirements/medical-conditions.html <p>Note: If you've had an allergic reaction in the last 30 days, call their Special Assistance team on 0344 481 4455 (UK number)</p>
Virgin Australia (Australia)	<ul style="list-style-type: none"> Food sold or served on board the aircraft may contain traces of nut products and other allergens Virgin Australia are unable to prevent other passengers from carrying and consuming nut products and other allergens on board Gluten free meals are available upon request https://www.virginaustralia.com/au/en/plan/special-needs-assistance/special-meals/ 	<ul style="list-style-type: none"> Virgin Australia recommends guests who suffer from allergies (such as peanut allergies) bring their own meal onboard (subject to Enhanced Security Measures for carry-on baggage) as they are unable to guarantee that their meals are completely allergen free Passengers with severe allergy or anaphylaxis must make their booking through the Guest Contact Centre 	<ul style="list-style-type: none"> Virgin Australia cannot guarantee an allergy-free environment on board their aircraft. If you have a life-threatening allergy you must carry appropriate medication with you, within easy reach and be able to administer it if required. If you are unable to self-administer medication, you must travel with a Carer. Your medication should be accompanied by a doctor's certificate to eliminate any difficulties in passing through security. 	https://www.virginaustralia.com/au/en/plan/special-needs-assistance/medical-conditions/ <p>Note: A completed Medical Clearance Form, a letter from a medical practitioner, or a management plan signed by a medical practitioner is required if you suffer from an allergy and you do not have the appropriate medication. Failure to carry either appropriate medication, a management plan signed by a medical practitioner, a letter from a medical practitioner, or a Medical Clearance Form may result in being denied boarding.</p>

Additional resources

Source	Advice	Web links and notes
Travelling with allergy, asthma and anaphylaxis: Checklist - ASCIA	<p>When boarding</p> <ul style="list-style-type: none"> Notify airline attendants when you board about your allergies and indicate the location of your ASCIA Action Plan and adrenaline (epinephrine) auto injector (if prescribed). If an allergic reaction occurs while travelling, follow your ASCIA Action Plan and notify travel attendants so they can assist if needed. You may also wish to notify passengers around you, particularly to reduce the likelihood that food may be offered to young children with food allergy. Consider taking your own supply of food, bearing in mind restrictions on liquids for international flights. This is particularly important when considering the bottle size of antihistamine liquid or baby formula. Consider wiping down tables and armrests to remove possible residual food allergens (contact can sometimes trigger mild allergic symptoms). While fumes or dust from inhaled food allergen might cause allergic rhinitis (hay fever) or mild asthma symptoms, the risks of serious reactions is very low unless the food is actually eaten. Some airlines offer “exclusion zones” (not serving allergenic food within a few rows of the allergic person). While this can be requested, availability cannot be guaranteed. Since the effectiveness of ‘exclusion zones’ has not yet been researched, it is unknown whether this is an effective strategy to reduce the risk of allergen exposure. Keep emergency medication with you in hand luggage. If you are travelling with adrenaline (epinephrine) auto injectors, keep these with you or under the seat in front of you and NOT in the overhead locker. You need to be able to access your adrenaline auto injectors with your seatbelt fastened. 	ACSIA travelling with allergy checklist https://www.allergy.org.au/images/stories/anaphylaxis/2016/ASCIA_PCC_Travelling_with_allergy_checklist_2016.pdf ACSIA Action Plan for Anaphylaxis https://www.allergy.org.au/images/stories/anaphylaxis/2017/Anaphylaxis_Epinephrin_Personal_Action_Plan_2017_WEB.pdf
Flying with food allergies – Skyscanner advice	<p>Nut-free flights</p> <p>Contrary to belief, there's no such thing as nut-free flight. This is simply because no airline can guarantee that other passengers haven't brought nuts or nut-based items on board with them.</p> <p>Top tips for passengers with allergies</p> <ul style="list-style-type: none"> There are a wide range of allergies, which makes it hard to offer advice about the different precautions passengers should take, but we've collated our top tips for passengers with allergies. Always check the airline's allergy policies a month before you fly, and confirm who you need to contact and when Call the airline to tell them about your allergy at least a month before you fly Ask your doctor for a letter confirming your allergy Think about what you put in your hand luggage. Pack wet wipes to wipe down surfaces, and don't forget your adrenaline auto injector (eg Epipens®) If your destination is somewhere where English isn't the first language, write down the type of your allergy in the language in question When you board the plane, remind senior cabin crew about your allergy 	https://www.skyscanner.net/news/airline-regulations-for-people-with-allergies

Disclaimer

Allergy & Anaphylaxis Australia and its members and associates make no representation and give no warranty as to the accuracy of the information contained within the 'Airline comparison for passengers with food allergy' document. A&AA do not accept any responsibility for any errors or inaccuracies in or omissions from the information contained therein (whether negligent or otherwise) and A&AA, its members and associates shall not be held liable for any loss or damage however arising as a result of any person acting in reliance or refraining from acting in reliance on any information contained therein.

No reader should rely solely on the information contained in this publication as it does not purport to be comprehensive or to render specific advice. This disclaimer does not purport to exclude any warranties implied by law which may not be lawfully excluded.